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Man killed in crash with dump truck

HIGHWAY 19 Leduc RCMP received a report of an explosion on Highway 19 east of Rabbit Hill Road yesterday at 9:48 a.m.

RCMP determined that there had been a two vehicle collision between a red Audi and a dump truck. It's believed the Audi was travelling west on Highway 19 when it crossed the centre line and collided head-on with a dump truck travelling eastbound. A ruptured gas tank caused the Audi to explode upon impact.

The male driver of the Audi was the lone occupant and died as a result of his injuries. The male driver of the truck sustained non-life-threatening injuries and was transported to hospital by ambulance. The collision remains under investigation.

METRO EDMONTON

News on the Move

What's this barcode for?

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SCAN LIFE

Vancouver Games

Countdown to 2010

Follow Metro's daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — High expectations placed on speed-skaters, page 11

On the web

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Oscars And the nominees are...



The Academy Award nominations were announced yesterday, with James Cameron's sci-fi epic *Avatar*, right, and war drama *The Hurt Locker* leading with nine nominations each, including nods for best picture. Among the best actor nominees were Morgan Freeman, top inset, for his portrayal of Nelson Mandela in *Invictus*, and Jeremy Renner, middle inset, for his role in *The Hurt Locker*. Meryl Streep, bottom inset, earned a best actress nod for her role as Julia Child in *Julie & Julia*. **More coverage, page 20.**

Kids drowned: Family

Parents of boys, 3 and 1, reportedly in custody battle

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Family members are mourning the loss of two toddlers they allege were drowned in a Millet home Monday.

"It's about as brutal as brutal gets," said Jason McConnell, cousin to Curtis McConnell, a father devastated by the unexpected deaths of his two sons.

RCMP K Division Cpl. Wayne Oakes said two bodies were found Monday afternoon in a home located at 5107-52 St.

Police have not con-

firmed the ages or identities of the two deceased. Autopsies were performed yesterday afternoon, but the cause of death has not been released.

Curtis and his wife Allyson McConnell — the couple who own the home — had recently separated, Curtis' cousin Ryan Eagle said. He added Allyson wanted to take the boys, Conner, 3, and Jayden, 1, to her native Australia, though Curtis wanted his children to stay in Canada.

By Monday night, Eagle said, word of the boys' deaths had spread through the family, as well as re-



Clockwise from left: Curtis, Allyson, Jayden and Conner McConnell.

ports that their mother allegedly tried to take her own life.

Police tape surrounded a silver Chrysler 300 found in a south-side parking lot Monday.

Media reports suggest an

unidentified woman parked the car, then jumped from the Gateway Boulevard overpass to Whitemud Drive in an apparent suicide attempt.

Eagle confirmed the vehicle belongs to Curtis McConnell.

Jason says the grieving father is "hanging in there, but not doing that great," adding Curtis wasn't yet ready to speak publicly.

Eagle says the couple were "all around family people" who kept to themselves.

Oakes said investigation is ongoing, and said no charges have been laid.

Canada's furry forecasters predict long winter ahead

WEATHER Better keep the snow shovel, toque and hot chocolate handy — North America's most famous furry forecasters emerged on Groundhog Day to break the news that they predict six more weeks of winter.

A mix of cheers and groans arose from the crowd gathered in Wiarton, Ont., as Canada's best-known weather prognosticating groundhog, Wiarton Willie, delivered his forecast.

But Environment Canada meteorologist Geoff Coulson said if there was in fact only six more weeks of winter, that would amount to an early spring for most of Canada.

"We think of spring as the first stretch of weather where we're consistently getting daytime highs in the double digits," he said. "Well, that's more like mid-April in most parts of the country."

For that reason, Coulson said, he feels pretty certain that Willie and his ilk won't be putting himself or other human forecasters out of work.

In Alberta, Balzac Billy crawled out of his burrow and produced a different result than most of his furry friends.

About 800 people were on hand in the community north of Calgary to cheer the prediction of an early spring.

Unfortunately, Coulson said, the one part of the country where most people are hoping for more winter weather likely won't get it. Environment Canada is forecasting temperatures of 8 or 9 C, along with rain, for the Olympics in Vancouver.

THE CANADIAN PRESS

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Local



Hedley headlines at Shaw in March

Check out Canadian rock group Hedley, with special guests Boys Like Girls, Fefe Dobson and Edmonton's own Stereos. The gig is March 29 at the Shaw Conference Centre. Tickets are \$42.50, and are available through Ticketmaster. METRO EDMONTON

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EdmontonTweets

@ariq #yeg arena 'discussions' are heading down a messy path. Cllr Caterina has fuelled the flames further. Where is the voice for taxpayers?
@DanielBell #yeg does anyone know where I can get smartwater in Edmonton?
@pandagirl79 is gonna maybe produce my first music video for my fave #yeg original band
#warningtoavoid

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What's online today.

Video Government officials step forward to defend Newfoundland Premier Danny Williams' controversial U.S. surgery at metroneews.ca/canada
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Albertans embrace Arch Enemy

Swedish rockers appreciate dedicated metalhead followers

HARRY HODGE
harry.hodge@metroneews.ca

For some, the arrival of an arch enemy is a bad thing. But not for Edmonton metalheads.

Thrash metal outfit Arch Enemy was founded in 1996 by Carcass guitarist Michael Amott along with Johan Liiva, both originally from the influential death metal band Carnage. The band was originally fronted by Liiva, who was replaced by Angela Gossow as lead vocalist in 2000. Coming from the heavy metal hotbed of Sweden, Amott was at a loss to explain why the Scandinavian nation has such a love affair with such heavy music.

"I don't really know why we're so angry," said Amott, who reckoned the nation's general affluence affords young people the chance to get their hands on noisy instruments. "I guess we could afford the guitars."

The rest of the lineup includes Amott's brother Christopher on guitar, Sharlee D'Angelo on bass guitar and Daniel Erlandsson on drums. The band



Arch Enemy rocks the Edmonton Event Centre tonight.

has released seven studio albums, a live album (Burning Japan Live 1999), two DVDs and three EPs. Amott recalled visiting Alberta supporting Cradle of Filth in 2004, and that crowds in the province immediately embraced the Swedish rockers.

"We said next time we do our own set of shows we've got to come back here (to Alberta)," Amott said.

Root of all evil

• Arch Enemy plays at the Edmonton Event Centre tonight, with Exodus, Arsis, and Mutiny Within.

Touring with their October release *The Root Of All Evil*, Amott tried to sum up what it is that makes metal fans such a dedicated fol-

lowing.

"The beautiful thing about metal is it's this huge sub-genre of music," he said, adding that pop radio won't force-feed the sound to the public and fans have to show initiative.

"It's something you gotta go and find," Amott said. "(And then it's) something that you'll stick with for a very long time."

Thieves target empty vehicles in Edson area

ALERT Police are asking residents of Edson and the area to be more conscientious when leaving their vehicles.

Over the past few weeks, police have received numerous complaints of vehicles being entered, with personal effects rummaged through and items stolen. Police are reminding driv-

ers to make certain that they lock their vehicles and refrain from leaving valuable items inside.

Culprits are becoming bolder, entering vehicles parked in driveways and parking lots. In some cases, the vehicles are only left unattended for a few minutes. Unlocked and locked ve-

hicles with property left visible inside are easy targets for these thieves, who are believed to be looking for quick and easy ways to access money or property they can sell.

Police ask anyone who sees or hears anything suspicious to contact RCMP.

METRO EDMONTON

City man charged in robberies

ARREST Police have arrested and charged a 32-year-old Edmonton man following a series of downtown and southwest-area robberies over the past two weeks.

It's believed the same man is responsible for robberies at a fast food restaurant on 100 Avenue and 107 Street, a pharmacy on

Jasper Avenue and a pharmacy on Whyte Avenue.

An undisclosed amount of cash was taken in each incident.

James Sean Furniss, 32, has been charged with three counts of robbery and two counts of possession of an offensive weapon.

METRO EDMONTON

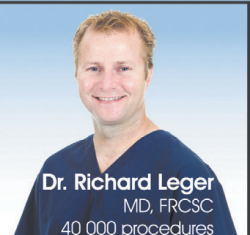
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Cops: Give us leads, not Facebook

Police in Belleville, Ont., are asking people with information regarding the disappearance of a 27-year-old woman to call them instead of posting it to Facebook. More than 34,000 friends, family and strangers have joined a Facebook group dedicated to finding Jessica Lloyd since her disappearance late last Thursday. **THE CANADIAN PRESS**

Canada



Mom gets 30 months in baby death

A 20-year-old New Brunswick woman has been sentenced to 30 months in prison for criminal negligence causing death in the slaying of her newborn boy. Sarah Russell — who was originally charged with manslaughter, accessory after the fact and disposing the body of a newborn, but pleaded guilty to the new charge in November — wept quietly after she was sentenced.

THE CANADIAN PRESS

Ottawa Winterlude ice sculpture



Ottawa ice carver Suguru Kanbayashi works on Ogoopogo, a 100-block ice sculpture to be featured at Winterlude, which kicks off this weekend in Ottawa. About 350,000 people are expected to take in the sculptures over the next three weeks.

Williams under fire for going south of the border for surgery

NEWFOUNDLAND Danny Williams' sky-high popularity ratings may have imbued him with the status of political demigod in Newfoundland, but the outspoken premier was nevertheless feeling the heat yesterday for his decision to seek heart surgery in the United States.

Having left a huge information vacuum in his wake — there was no word on his condition, the type of surgery he needs or where he is getting it — Williams is facing a level of scrutiny and criticism rarely seen since he became pre-

mier in 2003.

Michael Temelini, a political science professor at Memorial University in St. John's, said it would be a mistake to assume Newfoundlanders and Labradorians are so enamoured with their premier that they are unwilling to put his actions under the microscope.

"People have been speaking out against it in the local press. It's been raising eyebrows," he said in an interview.

There has been plenty of barbs from local bloggers and people calling in to the

province's immensely popular open-line radio shows.

"There are people who are willing to give him the benefit of the doubt ... but I don't think it's unanimous," Temelini said.

Temelini said Williams' unusual move has also prompted much debate about the value and fairness of Canada's health-care system.

THE CANADIAN PRESS

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Danny Williams' choice to have surgery in the U.S. fans the flames of debate in that country. Scan this code for the story.

Don't ignore abortion: Iggy to PM

WOMEN Michael Ignatieff has lobbed an abortion grenade into the midst of Prime Minister Stephen Harper's plans to become an international champion of women's and children's health.

The Liberal leader says Harper's commitment must include government aid for "the full gamut" of women's reproductive health services, including abortion and contraception.

Harper has vowed to use the G8 summit in Canada this June as a podium from

which to launch a major initiative to improve the welfare of women and children around the globe.

But Liberals are worried the Tory government is backing away from Canada's long-standing tradition of supporting women's reproductive rights under its foreign-aid program. They say Harper has all but eliminated federal funding for the Canadian Federation of Sexual Health, Canada's member of the International Planned Parenthood Federation.

THE CANADIAN PRESS

Military taxed by multiple missions

Haiti Crisis

The Conservative government, which has enjoyed positive reviews for its handling of the Haiti disaster, needs to make tough decisions soon about whether to keep troops in the earthquake-ravaged country, say defence experts.

About 1,000 soldiers from Canadian Forces Base Valcartier, Que., that were sent to Haiti are on a tight schedule.

The same unit, the 3rd Battalion of the Royal 22nd Regiment, goes to Afghanistan in December and is slated for combat training in Fort Irwin, Calif., this April.

That means the so-called Van Doos will have to be out of Haiti by mid-to-late March, just when defence analysts say security in the disaster zone may need to be increased.

"I just don't know how you maintain it, but by the same token I don't know

Not enough to go around

Canada's already stretched military was able to pull together an almost 2,000-member relief contingent for

Haiti, despite the Afghan combat mission and the commitment to the Vancouver Olympics.

how you pull out given that it's such a continuing human crisis," said Robert Huebert of the University of Calgary.

The United Nations this week set up permanent distribution sites for aid and food, in an attempt to head off potential violence. Noting that Haiti remains "stable but potentially volatile," the world body also reported an armed group attacked a food convoy at an airport in the southwest.

Experts have said gang violence and social unrest is likely to increase in the coming months.

Huebert said the "Forces are getting no down time, no rest time" and the government needs to make up its mind how the future mission will unfold.

The military also has its disaster-response team, two warships and regular air force relief flights going to the island nation.

A spokesman for Defence Minister Peter MacKay lauded the work the military has done in Haiti, but acknowledged no decision has been made on whether the humanitarian deployment will be extended.

"We are looking at it day by day and assessing as the situation evolves," said Dan Dugas.

An army spokesperson declined comment yesterday, saying only they are reviewing the matter.

"We are stretched like a bungee cord as far as human resources go," said retired general Lew MacKenzie.

THE CANADIAN PRESS

News in brief

IGALUIT A federal official says Canada's decision to hold the meeting of G7 finance ministers and central bankers in Iqaluit later this week is not intended to prove a point about the cultural and economic importance of seals in the North. The unusual location for the meeting has raised some eyebrows abroad.

THE CANADIAN PRESS

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Comment

Sinking to new lows

TheWestView

Paul
Sullivan

metronews.ca/thewestview

How low can they go? Politicians, that is. Already among the least trusted professionals — a recent Reader's Digest poll ranked them 39 out of 41, barely above car salespeople and telemarketers — recent shenanigans should earn them coveted last place in next year's poll.

Even in an era of new lows represented by poster boy Rod Blagojevich, the former governor of Illinois, it has not been a great season for politicians.

The man elected to Ted Kennedy's U.S. senate seat is most famous for posing nude in Cosmo.

A New Brunswick MLA has gone viral on YouTube,

caught rapping in the House to an American Idol contestant's "original song." "Pants on the ground, pants on the ground, you're lookin' like a fool with your pants on the ground." Funny, sure, but it hardly elevates the level of legislative debate.

Someone tossed a politically correct pie in the face of Fisheries Minister Gail Shea for her stand on that annual outrage, the cute baby seal hunt, which is scheduled to start again shortly. Politically correct as no animal

byproducts were harmed in the baking of the tofu cream pie. Poor Ms. Shea; it didn't even taste good.

And on Parliament Hill, home of that daily jackal fest known as question period, the prime minister arbitrarily prorogued the 40th Canadian Parliament until March 3. Just say no to democracy.

Of course, the way things are going, most of us see that as an improvement.

It's worse in England, where politicians scored an all-time low for public trust in a recent Ipsos Mori poll, making them the least trusted professionals in the nation, even lower than journalists, that other reviled sect.

It might have something to do with one MP claiming porn movies as a parliamentary expense or another hiring his teenage son, a full-time student, as a "parliamentary assistant" for more than £11,000 (\$18,650). One even claimed £16.50 (\$27.99) for a wreath allegedly draped on a war memorial.

As amusing as these hijinks may seem, there are serious consequences. Faced with this Confederation of Dunces, career aspirants are flocking to alternatives such as auto sales and telemarketing, or God forbid, journalism. Who's left to guide democracy? The kids of South Park?

And who will bother to vote for these jokers? Voter turnout in the last federal election was already at an all-time low.

It makes you long for the good old days of ... Brian Mulroney?

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



Brian
Mulroney

Word on the street: Should Canadian NHLers competing in the 2010 Winter Games in Vancouver receive money if they win a medal, like amateur athletes do?

Aileen Thornton
Edmonton

A: Yes, I think it's fair because if everyone else is getting paid, why shouldn't they get paid? Just because they make more money then everyone else? That's not fair.

Donna Prochnau
Edmonton

A: No, I don't. I actually wish that the hockey players that would go and represent Canada and the other teams would not be from the NHL. They should be amateurs like all the other players that go into skiing, ski jumping, etcetera.

Paul McAteer
Calgary

A: Yes, because there are also players who are not in the NHL playing Olympic hockey and they should be treated the same as other professional athletes.

Kelly Cousins
Halifax

A: No, I just don't think they need it. The money could go to amateurs who really need it to help build their career, help develop their skills more than people who already have all this money.

Peter Litherland
Vancouver

A: They are entitled to it, and they should get it, but it's up to the athlete to be a good corporate citizen and do something useful with it.

Liz Do
Toronto

A: No. They already get paid so much to begin with, and since they already have a lot of money and a lot of followers, they should have enough incentive to win a medal already.



BACK TO THE FUTURE



Online chatter

Asked on Twitter: Should Canadian NHLers competing in the 2010 Winter Games in Vancouver receive money if they win a medal, like amateur athletes do?

OTTAWA

@jentrappin: If they do get paid, they better be donating it ALL. NHL players definitely aren't in need of another paycheck.

HALIFAX

@666300: I do not think NHL players should be given cash rewards.

There is a big difference between the NHL and amateur level salaries. They are playing for their country, not for money. The incentive of a victory for Canada should be enough.

@paulac46: Sure they should ... then they should turn around and donate it back to the amateurs like I do when I win 50/50 at local rink.



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TORONTO

@RK818: No, especially since they should not be there in the first place. The Olympics should celebrate the amateur spirit.

@smaldybigby: Hell-to-the-No.

@immy925: i think they should b/c rules are rules, but the hope would be they'd reinvest into one of those youth sports charities.

CALGARY

@codytorgerson: Sure, but let those who do donate it to their favourite charity.

@nicolesaxton: NHLers make millions a year! If they receive any money from the Olympics they should donate it to charity!

@mb_wilson: If Cdn NHLers donate the money they receive at the Olympics to a notable cause, then yes.

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Iran ready to send uranium

Iran said yesterday it was ready to send its uranium abroad for further enrichment as requested by the UN. **THE ASSOCIATED PRESS**

World

U.K. secularists prep protests for Pope

Pope Benedict XVI's condemnation of British equality legislation designed to protect gays and women in the workplace has deepened the battle lines between the Vatican and secularists, who demand that taxpayers not foot the security bill for his newly announced September visit.

"I am sure many others feel the same resentment as we do at the National Secular Society at funding the presence of someone who wishes to impose a reactionary agenda of social change on us," said the group's president, Terry Sanderson.

The society said it would stage a film festival during

Firm view

• The 82-year-old Benedict, who was the Vatican's chief doctrinal enforcer before succeeding John Paul II in 2005, has put a firm, conservative stamp on his papacy. Reinvigorating the faith in an increasingly secular Europe has been a central mission of his papacy.

Benedict's visit, featuring The Magdalene Sisters, about Catholic nuns' harsh care of teenage mothers in Ireland, and The Boys of St. Vincent, about sexual abuse at a Catholic orphanage in Canada. Other protests are planned.

It's not the only conflict

between Britons and the pontiff. Benedict recently surprised the Church of England by inviting traditionalist Anglicans who oppose women priests and bishops into the Roman Catholic fold, and riled Muslims four years ago by quoting a medieval description of the Prophet Muhammad's teachings as "evil and inhuman."

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What presidential cuisine was on the menu when the Obamas invite celebrity chefs to the White House? Scan this code for the story.

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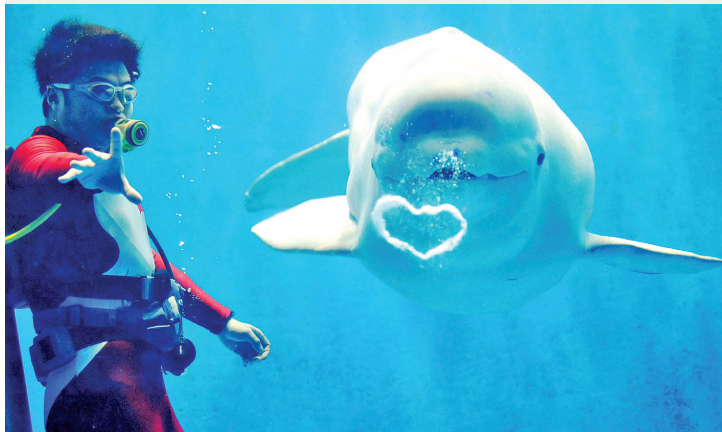
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Australian police yesterday said an Indian man who claimed he was attacked and set on fire made the story up after accidentally lighting himself on fire while torching his car in an insurance fraud scheme. The incident occurred amid growing tension between India and Australia over a spate of violence against Indian students in Melbourne. **THE ASSOCIATED PRESS**

China Love bubbles



In this photo released by China's Xinhua News Agency, a white whale blows heart-shaped bubbles at the Harbin Polarland in China's northeast Heilongjiang province yesterday.

Police repel hijacking

Haiti Crisis

Twenty armed men blocked a road and tried to hijack a convoy of food for earthquake victims, but were driven off by police gunfire, UN officials said yesterday as they warned of security problems in the still-desperate nation.

The attack on the convoy as it carried supplies from an airport in the southern town of Jeremie underscored the shaky safety in the streets that has added to Haitians' frustration at the slow pace of aid since the

Judge questions U.S. church group

A Haitian judge yesterday was questioning a group of U.S. Baptist missionaries arrested trying to leave Haiti with a busload of children they gathered from the disaster

zone. The investigating magistrate queried the five women for several hours and will follow up with the five men today, according to Haiti's communications minister.

Jan. 12 earthquake.

Most quake victims are still living outside in squalid tents of sheets and sticks and aid officials acknowledge they have not yet gotten food to the majority of those in need.

Mobs have stolen food and looted goods from their neighbours in the camps, prompting many to band together or stay awake at

night to prevent raids.

About 20 armed men blockaded a street Saturday and attacked a convoy carrying food from the airport in Jeremie, according to a UN spokesman.

"The overall security situation across the country remains stable, but potentially volatile," the UN mission said in a statement yesterday. **THE ASSOCIATED PRESS**

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Al-Qaida 'likely' to attempt U.S. attack

TERRORISM Al-Qaida can be expected to attempt an attack on the United States in the next three to six months, senior U.S. intelligence officials told Congress yesterday.

The terrorist organization is deploying operatives to the U.S. to carry out new attacks from inside the country, including "clean" recruits with a negligible trail of terror contacts, CIA director Leon Panetta said.

The annual assessment of U.S. terror threats provided no startling new trends, but amplified growing misgivings since the attempted Christmas Day airline attack outside Detroit.

Panetta also warned of the danger of extremists acting alone.

THE ASSOCIATED PRESS

m.metronews.ca



What presidential cuisine is on the menu when the Obamas invite celebrity chefs to the White House? Scan this code for the story.

Top journal retracts study

HEALTH A top British medical journal has retracted a discredited study that linked the measles, mumps and rubella vaccine to autism and fuelled anti-vaccination sentiments in Europe and North America.

The Lancet, which published the controversial paper by Andrew Wakefield and colleagues in 1998, said yesterday it had become clear following a review of Wakefield's conduct by Britain's General Medical Council that several elements of the study were false.

Last week the council ruled that Wakefield had shown a "callous disregard" for the children used in his study and acted unethically. The Lancet's move, viewed as long overdue by many infectious disease experts, was welcomed as a way of clearing discredited data from the scientific record.

But the legacy of the publication remains, several said upon hearing about the journal's announcement.

Repudiated

Subsequent studies found no proof the vaccine is connected to autism. And 10 of the 13 authors later repudiated the work in a statement published by the Lancet.

"It was out there for a very long time. So it's good the Lancet has retracted it. It helps in a small way. But the truth of the matter is the damage has been done," Dr. Allison McGeer, an infectious diseases expert at Toronto's Mount Sinai Hospital, said in an interview.

"The MMR-autism argument is not about the Wakefield article (any more). It's about the accumulation of belief and perception that's happened since the Wakefield article."

Wakefield and the two authors who did not renounce the study face being stripped of their right to practise medicine in Britain. **THE CANADIAN PRESS**

Bulgaria Rooster sacrifice



A Bulgarian woman holds a rooster yesterday during a celebration where people sacrifice the birds. The feast is celebrated in the eastern part of Bulgaria for the good health of young boys.

News in brief

WISCONSIN A woman who tied up a cheating lover and glued his penis to his stomach said yesterday that she didn't mean to hurt him and only overreacted because he was trying to contact her 12-year-old daughter. Therese A. Ziemann, 48, said she and three other

women only meant to confront the married man about his cheating ways. "I had just found my daughter's number in his cellphone," she said outside court.

SPACE The head of the umbrella organization for aerospace companies in Canada calls the

Obama administration's budget a big opportunity for Canada's space business. Claude LaJeunesse, CEO of the Aerospace Industries Association of Canada, says the budget focuses on areas like robotics development, where Canada is strong. **METRO NEWS SERVICES**

Recession torpedoes Irving Oil's \$30-million building project

Irving Oil's parent company says it will not move ahead with its planned world headquarters project. Fort Reliance blames economic conditions caused by the recession for shelving the \$30-million project on the Saint John, N.B., waterfront. The project was opposed by unions and longshoremen, who feared it threatened Saint John's future as a working port. **THE CANADIAN PRESS**

7

Business

DOLLAR	GAS	OIL	TSX
US 94.51¢ US 0.38¢	US \$5.454 US 0.02¢	US \$77.23 US \$2.80	11,408.34 90.79

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

All's fair in love and war **Triumphant trio toast billion-dollar win**



The brother and sisters of Asia's richest businesswoman, the late Nina Wang — from left, Kung Yan-fum, Kung Yan-sum and Molly Cong — speak after winning a court case in Hong Kong yesterday. A bartender-turned-fortune teller who had an affair with the Hong Kong tycoon lost his bid for her multibillion-dollar estate. The legal battle over Wang's fortune has fascinated Hong Kong with its stories of feng shui rituals and illicit love affairs.

We're doing fine: Flaherty

There will be no repeats on Jim Flaherty's prescription for Canada.

The finance minister said yesterday Canada won't get a second round of stimulus spending even though the economy has yet to fully recover.

But he said the country's going great guns compared to others.

"This country looks so great, compared to most of the other western industrialized countries," he said.

He added: "Our debt to GDP ratio is something like 30 per cent, the Americans are approaching 60 per cent."

Flaherty met with 15

"This country looks so great, compared to most of the other western industrialized countries."

Jim Flaherty

economists and revised the country's projection for growth slightly upwards this year and slightly downwards longer term.

Ottawa now believes the country's 2010 nominal gross domestic product — the size of the economy — will be \$56 billion below the level it expected last January. **THE CANADIAN PRESS**

Wind Mobile gets finance boost

FINANCE Globalive Wireless Management Corp. has announced it plans to enter into a private debt financing arrangement with the help of Canadian and international investment banks.

Funds from the financing will be used to expand Wind Mobile, Globalive's new wireless communications network.

The financing won't change ownership and control structure of Wind, said Globalive chairman and CEO Anthony Lacavera.

THE CANADIAN PRESS

Suncor's profit falls a bit short

BOOST Suncor Energy Inc., Canada's biggest energy company, posted a \$457-million profit in the final quarter of 2009.

The boost reverses a big loss in the prior-year period, but remains well below analysts' expectations.

Last year "was really about creating the new Suncor," chief executive officer Rick George said.

"And 2010 will be about realizing the benefits."

Suncor — which merged with former Crown corporation Petro-Canada last August — said it earned 29 cents per share in the last three months of the year.

That compared to a net loss of \$215 million, or 24 cents per share, for the fourth quarter of 2008.

UBS Investment Research analyst Andrew Potter called the report a "weak finish to 2009."

THE CANADIAN PRESS

More time for Canwest bidders

COURT A court granted Canwest Global Communications Corp. key extensions yesterday.

The moves allow its newspaper division to remain under creditor protection until April and gives bidders another week to bid for the assets.

The Ontario Superior Court extended Canwest LP's court protection from creditors to April 14.

THE CANADIAN PRESS

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While positive U.S. housing numbers buoyed stock markets, there's still plenty for investors to be wary of. Scan this code for the story.

RRSP Guide



Don't forget

The deadline for making contributions to your Registered Retirement Savings Plan (RRSP) for the 2009 tax year is March 1, 2010. That means you only have 26 days left!

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Go back to basics

Advisers advocating using tried and tested strategies

RAFAEL BRUSILOV
for Metro Canada



The tough economy drew many Canadians away from their RRSP strategies, but now is the time to come back, experts say.

Aaron Margolis, a vice-president at Investors Group, says last year's market scramble has mostly stabilized and the time is ripe for smart, careful in-

"There's a sense that people need to get back into the market, but in a prudent way."

Aaron Margolis, Investors Group

vesting.

"Certainly the market conditions this year are very different. Last year there was so much fear and panic, this year there's much more calmness. There's a sense that people need to get back into the

market, but in a prudent way," Margolis said.

Rather than looking for quick fixes, get back to tried and tested strategies like RRSPs and income-generating investments.

"It's about getting back to the basics. Advisers are saying what has worked in the past should put you in good standing in the future — it might be a little more boring but it works. It's almost like the old adage: What's old is new," Margolis said.

While the Tax-Free Savings Account introduced last year has proven popular, Margolis says you should prioritize your RRSP contribution first because of the tax savings it can provide.

"The TFSA is a terrific vehicle for creating emergency savings, but try as much as possible to max out your RRSP first to benefit from tax efficiencies inherent in it, then consider maximizing your TFSA contribution," Margolis said.

Look for investments that grant an income and try as best as possible to invest with your risk tolerance in mind, he suggests.

Lee Anne Davies, head of retirement strategies at

RBC, says an RRSP should be a long-

term priority for any Canadian, yet in a recent RBC RRSP poll, only 35 per cent of Canadians with RRSPs said they plan to contribute to their RRSP for the 2009 tax year, with 54 per cent citing the tough economy as the reason.

Perhaps more surpris-



The market is ripe for smart, careful investing, experts say.

ing, the poll also found that 32 per cent of Canadians have not started saving for their retirement, an unfortunate scenario in the making, Davies says.

"We're all going to retire eventually, and you want to make sure you have that nest egg waiting for you," Davies said.

For people feeling like they can't spare enough to save for retirement, Davies says putting away even a relatively small amount,

like \$25 or \$30 each month, can make a big difference in the long run.

"Stay committed to your retirement and it will happen one day. If you just keep saving a bit at a time, it really does add up," Davies said.

Next week's lineup

HOW TO SAVE For advice from the experts on strategies for saving, pick up Metro's next RRSP Guide on Feb. 10.

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JON TATTIE
for Metro Canada



There are different options for handling your RRSP investments and experts advise a diverse portfolio to protect against the shocks of the marketplace.

"You don't want to keep all of your eggs in one basket," says Allison Marshall, financial advisory consultant with the Royal Bank of Canada. "You want to divide your assets in your RRSP between the different types of investments and also look at some foreign content."

Marshall points to three

main options: Cash, bonds and equity. You don't want to have a lot of cash in your RRSP as it defeats

the purpose of wanting to earn a rate of return. Treasury bills or money market investments and Canada or provincial savings bonds are "some examples of more liquid investments," she says.

Bonds may also include GICs (Guaranteed Investment Certificates). "You can have any bonds that

are issued by companies that are listed on a public exchange in Canada or ...

debt that was issued by a company that's on what Canada calls a designated stock exchange," she explains.

That includes U.S., U.K. and Japanese exchanges. A full list can be found at fin.gc.ca.

For equities, you can have any of those common shares and preferred shares on those designated exchanges.

While many people just

trust the issuer of the RRSPs to handle the account, a more hands-on investor may want a self-directed RRSP for a wider investment range. Information on those can be found at cra-arc.gc.ca.

In Calgary, Sun Life Financial's Lance Shilliday breaks it down to GICs, mutual funds and segregated funds.

GICs are interest-rate bearing, meaning you can lock in a guaranteed interest rate for one to five years. Mutual funds range from money market to equity funds and segregated funds "are basically the same type of funds as a mutual fund, but they have guarantees associated with them, like a death-benefit and maturity-benefit guarantee," he says.

A new feature is a guaranteed minimum withdrawal benefit. "That basically guarantees you an income for life. It alleviates a lot of the risks involved with retirement," he says.

What does it mean?

- **RRSP:** Registered Retired Savings Plan. They are registered with the federal government and shelter investments from income tax until the money is withdrawn.
- **LIRA:** Because pensions

from former employers can't be converted into cash, an option is a Locked-in Retirement Account.

- **RRIF:** Your RRSP must be collapsed by the end of the year in which you turn 71, but you can

keep most of the advantages by converting to a Registered Retirement Income Fund.

- **LIF:** Like an RRIF, a Life Income Fund originates from a pension plan, locked-in RRSP or LIRA.

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Indianapolis Colts owner Jim Irsay hopes to sign Peyton Manning to a contract extension when the season ends, a move that could make the four-time MVP the highest-paid quarterback in NFL history. Manning's contract is set to expire after the 2010 season, but Irsay doesn't want to wait. **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Alex Plante of the Edmonton Oilers poses for a portrait during the first round of the 2007 NHL Entry Draft at Nationwide Arena on June 22, 2007, in Columbus, Ohio.

Plante shows his potential

TheHockeyNews



thehockeynews.com

The ghastly losing streak in Edmonton has finally been snapped, but first an apology.

In last week's column I incorrectly stated Sam Gagner and Andrew Coglian could be sent down to the minors without clearing waivers, but according to the collective bargaining agreement, they have played too many NHL games for that to happen.

So if anything, the Oilers should have given the two prospects some breathing room in the minors before they passed that threshold, but hey — what's done is done.

With that out of the way, let's look at the silver lining to one of the blackest clouds in the NHL right now, that of course being the state of the Oilers.

One game after losing crucial defenceman and potential trade bait Sheldon Souray to a busted hand broken during a fight (how does Jarome Iginla find so many ways to hurt Edmonton?), the Oilers snapped a 13-game losing streak by defeating one of the other bottom-feeders this year, the Carolina Hurricanes.

But the Canes are better than their record indicates, so this was no cheap victory. Edmonton got scoring from unlikely sources and contributions from newcomers, a trend that must continue for the rest of the season in order to rebuild for the next.

Alex Plante, playing in his first NHL game, had an assist on the night and based on his pedigree, is one to watch in the future. A big body at six-foot-three, 225 pounds, the blue-liner is a graduate of the Western League's Calgary Hitmen squad, a franchise that has produced talents such as Ryan Getzlaf, Karl Alzner and Andrew Ladd.

Plante can fight, play defence and also produce points from the back end. Interestingly enough, he had two great offensive spurts for the Hitmen at the best of times — the 2007 and 2009 playoffs, where he was nearly a point-per-game player.

With Souray on the shelf and the pressure off, Plante can find his way in the NHL this season and not worry costing the team with any youthful mistakes. As a first round pick of the Oilers in 2007 (15th overall), there is an expectation for Plante to perform at a high level. A try-out with the big squad is a perfect opportunity.

The Hockey News
thn.com

Win leaves Oilers in an upbeat mood

PRACTICE The Edmonton Oilers' first win of 2010 didn't improve their place in the NHL standings and it won't change the fact that they'll miss the playoffs for a fourth straight season.

But the win did provide a desperately needed respite from the gloom that's been hanging heavy in Rexall Place.

In a dressing room where smiles and laughter have been as rare as victory

celebrations for over a month, Monday's 4-2 win over the Carolina Hurricanes — which snapped a 13-game winless streak — was huge.

The morning after they left the ice to a standing ovation from a capacity crowd, the Oilers filed into the rink for practice with a win to talk about.

It was the first time since Dec. 30 that they could savour a victory, a welcome

change in routine.

"Today was a little lighter. There was some humour out there," coach Pat Quinn said after practice. "We could afford a laugh."

"You know what? In life, you've got to have some laughs, you really do. We weren't having any."

At 17-31-6 with 40 points, the Oilers remain mired in 30th place in the overall standings, dead last, and 22 points out of a playoff spot

in the Western Conference. Monday's win was just their second in 22 games, a span in which they were 2-18-2.

"It's good for the head, obviously," said goaltender Jeff Deslauriers, who got the win. "We can have some positives now. It's just one game, but it was fun to see the guys playing together, everybody playing a role."

THE CANADIAN PRESS



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Ontario moves into top spot at Scotties tourney

CURLING Ontario's Krista McCarville improved to 6-1 and took sole possession of first place after Draw 11 at the Scotties Tournament of Hearts with a 9-3 victory over P.E.I.'s Kathy O'Rourke last night.

O'Rourke sits in a second-place tie with Canada's Jennifer Jones at 5-2.

Earlier, Jones rebounded from a tough Monday to post back-to-back victories.

Jones beat Alberta's Valerie Sweeting 9-7 before upending B.C.'s Kelly Scott 10-7.

Jones, the defending champion, lost twice Monday after starting the tournament with a 3-0 record.

B.C., Quebec and Manitoba sit at 4-3 after Draw 11, followed by New Brunswick, Saskatchewan and Alberta, which all stand at 3-4.

Newfoundland and Territories/Yukon are 2-5, with Nova Scotia at 1-6.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Montreal 3 Vancouver 2
Toronto 3 New Jersey 0
Colorado 5 Columbus 1
Dallas 4 Minnesota 2
Phoenix 1 Nashville 0 (SO)
Tampa Bay 2 Atlanta 1
Washington 4 Boston 1
N.Y. Rangers at Los Angeles
Detroit at San Jose

NBA

YESTERDAY'S RESULTS

Indiana 130 Toronto 115
Cleveland 105 Memphis 89
Detroit 97 New Jersey 93
Houston 119 Golden State 97
L.A. Clippers 90 Chicago 82
Oklahoma City 106 Atlanta 99
Orlando 99 Milwaukee 82

Colts' Freeney still holding out hope

NFL Colts defensive end Dwight Freeney still hopes to play in the Super Bowl despite a torn ligament in his right ankle.

"Hopefully, towards the end of the week it starts to get better," Freeney said at yesterday's media day. "The decision will come later on in the week. It's kind of early now."

An All-Pro player, Freeney wore a pair of flip-flops to the morning session. His injured ankle was unwrapped.

"Very discouraging" was how he described his inability to practice for Sunday's NFL title game against the New Orleans Saints. "The competitor in me says they'll never stop me from being on the field," he said



Dwight Freeney of the Indianapolis Colts speaks to members of the media yesterday in Miami Gardens, Fla.

with a laugh before adding: "There's some pain there definitely, with throwing everything at it, all types of techniques, to find the best thing to get this thing as good as possible. You name it, I've probably done it."

Freeney injured the ankle in the AFC championship game against the New York Jets and said the chances of

working out later this week weren't good.

He's the only starter on either team who might miss the game because of injury.

Freeney, the former league sacks champ, led the Colts with 13 sacks and is considered the team's defensive leader.

THE ASSOCIATED PRESS

Murray plans to compete

Canadian freestyle skier Julia Murray underwent arthroscopic surgery yesterday and says she plans to race in the ski cross event at the Winter Olympics. **THE CANADIAN PRESS**

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Long track, high hopes

With nine medals predicted, speedskaters key to Canada's plans

For years long-track speedskating was ruled by Europeans and Americans, home to the kind of talent most Canadian competitors had little hope of bumping from the podium.

Occasionally, a Gaetan Boucher or Susan Auch would emerge and break through to interrupt that domination. Only such success was fleeting, and never really spread deeper than an athlete or two.

That started changing at the turn of the century, and with the blades set to hit the Richmond Olympic Oval ice at the Vancouver Games, there is a new pecking order in the speedskating world.

Led by the likes of Kristina Groves and Christine Nesbitt, Canada boasts a deep and talented long-track team that may very well claim more medals than any other at these Olympics.

The Dutch, Americans, Germans and Norwegians, among others, have not gone away by any means. But they now see the Canadians the way Canadians once saw them — as a giant obstacle to victory.

"I was really inspired by Clara (Hughes) and Cindy (Klassen) when they came into the team and pretty quickly were right up there. I was like, 'Wow, we can compete against the Dutch and the Germans, we're in there,'" said Groves, who will race in five events and has the potential to win a medal in each.



Christine Nesbitt skates during the ISU World Cup Speedskating Championships Dec. 11 in Kearns, Utah.

On the web
Learn more about Christine Nesbitt in an interactive profile at metronews.ca

"Now, I'm so thankful to be part of this ridiculously strong team."

Team is the optimal word.

Canadians won eight medals at the Turin Games but five came from Cindy Klassen's awe-inspiring performance.

This time around, Groves, Nesbitt and Denny

Morrison each have the potential to win multiple medals, with a host of other contenders sprinkled in around them.

Privately, Speed Skating Canada officials feel their athletes can climb the podium nine times, and that's not counting on Klassen or Jeremy Wotherpoon, both of whom are wild cards after working their way back from injuries.

That depth of talent has kept the pressure from being focused on one single skater. That has been important since team mem-

bers have regularly been reminded that they must own the oval for Canada to have any chance of owning the podium at these Olympics.

The onus on them to deliver extends beyond that, too. The long-track team has received about \$8.9 million in Own The Podium funding the past five seasons, the third-highest total spent on any of Canada's winter sports teams, and it's time to justify that expenditure.

"I think they're as ready as can be," says Catriona Le May Doan, the two-time Olympic 500 metre champion who will work as a TV analyst during the Games. "I think what's nice is that so many of them have expectations. I was told by one of the team members that this is the best they've ever felt that the team is really a team."

"That's really helping them." The pressure won't solely be on the Canadians under the oval's architecturally stunning curved wooden roof.

Speedskating in the Netherlands is as important there as hockey is to Canadians. The Dutch skaters, led by distance-events star Sven Kramer, will be expected to bring home a hefty medal haul.

American star Shani Davis has dominated the middle distances this season and will be expected to add a couple of gold medals to the gold and silver he won in Turin.

THE CANADIAN PRESS

Games in brief

MAGAZINE Sports Illustrated is picking Canada to be second-best at this month's Olympics in Vancouver. In its Feb. 8 edition, which hits newsstands today, the sports magazine projects the Canadian team to finish with 30 medals at the Games — 10 gold, 11 silver and nine bronze. Germany is predicted to lead the way with 35 medals, including 11 gold, 11 silver and 13 bronze.

SHIP The company planning to use a cruise ship as a floating hotel during the Vancouver Winter Olympics has confirmed it's scuttling the plan, leaving hundreds of people high and dry less

than two weeks before the Games begin. Edmonton-based Newwest Special Projects says slow sales and higher-than-expected expenses has forced the company to drop plans to moor the Norwegian Star in Vancouver harbour.

RINGS A massive set of Olympic rings that lit up nightly atop a barge in the waters of downtown Vancouver mysteriously disappeared yesterday. Olympic organizers say there's no mystery or conspiracy afoot — the rings have been taken away for a power refitting and should be glowing again in the next few days.

THE CANADIAN PRESS

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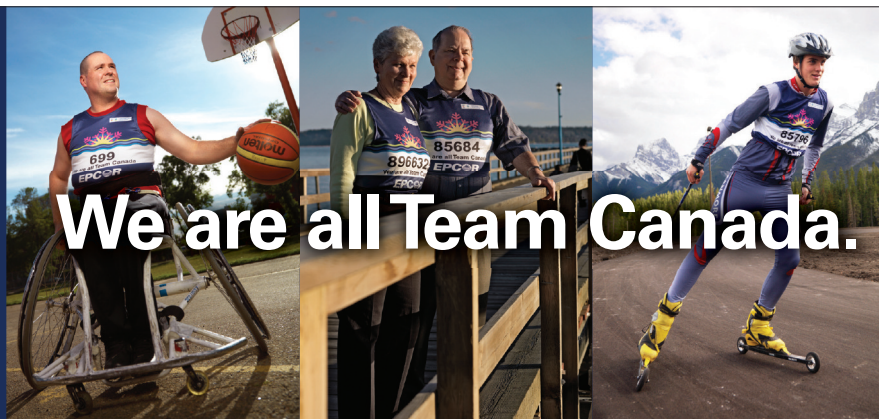


NAME	LOCATION	GP	G	A	PTS
1. Brian B	AB, CA	788	334	463	797
2. Jonathon Gremesberger	BC, CA	790	334	456	790
3. Shawn Tschirter	AB, CA	787	315	464	779
4. Christian Gagnon	NB, CA	748	313	460	773
4. Kyle Turk	NS, CA	796	332	441	773
6. Cole Warren	NS, CA	776	288	478	766
7. Joanne Doiron	NB, CA	744	305	459	764
7. Stephanie Warren	NS, CA	766	320	444	764
9. Jean-Paul Osborne	QC, CA	783	306	456	762
10. Shane Gladue	AB, CA	777	280	477	757
11. Feroz Mir	ON, CA	769	299	457	756
12. Bernie Horton	ON, CA	734	313	442	755
13. Tom Collier	NS, CA	801	346	408	754
14. Jordan Camponi	AB, CA	749	297	455	752
15. Steve Ferguson	ON, CA	779	312	439	751

*Results exclude Quebec



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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Education for the less fortunate

Calgary's Columbia College offers The Columbia Learning Society for people who cannot afford continuing education. The society offers adults the opportunity to participate in free one-day workshops. These workshops include a variety of topics, such as computer applications, public speaking and preparing personal tax returns. (cls.columbia.ab.ca).

METRO NEWS SERVICES

40 people, 40 tastes, 40 dishes

Working the Wok

For the month of February, Metro's Workology section will be focusing on some delicious food-related careers. Check back

every Wednesday for a new feature.

JON TATTIE
for Metro Canada



The best part of cooking for a living is the thrill of a busy kitchen and a restaurant full of customers. It's also the worst part.

Jimmy Dao, chef at the

popular Talay Thai restaurant in downtown Halifax, cranks out 18-hour days six days a week in peak times, but if he wants to complain to the boss, he has to find a mirror: He owns the business with his family.

"It's very stressful and very busy. Never ending," he says. "When it's busy,

it's a good sign and you're happy, but tired. You feel excited when everything is moving around — it's like exercise."

Dao trained on the job, working in restaurants in Moncton, Montreal and Toronto before opening Talay Thai five years ago. The long and unsocial hours mean he doesn't see

his two-year-old son as much as he'd like, but it's the price he pays for doing a job he loves.

"I hope I can continue another 20 years," he says.

John Higgins, director of the Chef School at George Brown College in Toronto, agrees that killer hours are one of the big downsides to cooking for a living.

"Cooking is a tough job. You're on your feet all day, there's pressures, deadlines, customers," he says. "You get 40 customers and you've got 40 different taste palates and you're only as good as your last meal."

The good news is the industry is expanding, meaning jobs at not just hotels and restaurants, but also golf courses, casinos, catering firms and venues like the Air Canada Centre. Companies like Unilever also hire chefs, offering the elusive nine-to-five cooking job.

George Brown College offers a one-year chef training certificate or a two-year culinary management diploma. Year one covers the basic skills needed to work in the food-service industry, like hygiene, tool use and cooking styles. Year two takes those skills deeper. The training is half hands-



While being a chef can offer you unbridled creativity in the kitchen, it is a busy job.

on, half theory. Theory covers the science of cooking.

A lamb chop, for example, can be cooked with radiated heat on a grill, but ox tail has to be cooked much longer because the connective tissue of the collagen takes a few hours to break down.

The hands-on side lets the budding chefs loose in the school's 14 state-of-the-art kitchens, where recipes take a back seat to skills.

For more of the Working the Wok exclusive series check Workology every Wednesday or stop by: metronews.ca/work



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Humour at work

Dragons' Den

Dianne Buckner

metronews.ca/dragonsden

Humour in the workplace, there are big benefits to having a laugh at work, but joking around can also be risky.

We all love to have some fun in our working lives. And there are often opportunities to make light of challenges and crack a good joke, especially when team members share triumphs and failures on a daily basis.

And there's no question that one of the reasons Dragons' Den is so popular,

is that every Dragon has a well-developed sense of humour. A couple of weeks ago Kevin told two young girls pitching for investment that he can only tell the truth about bad business ideas, because he was once hit by a lightning bolt.

"Is that what happened to your hair?" asked Robert.

"Maybe that's why you're not tall," zinged Brett.

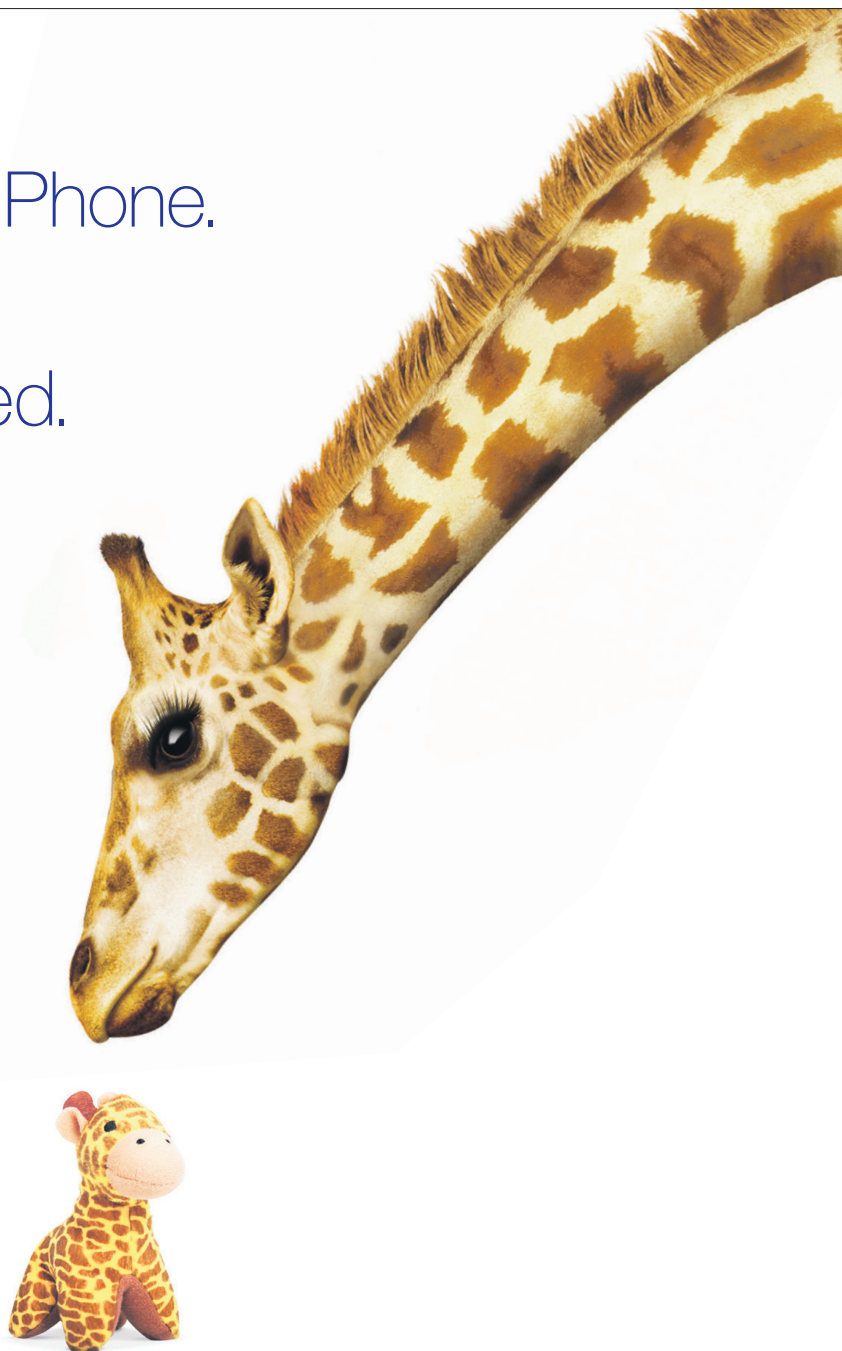
And this week a woman pitches for investment in her baby-related business by giving every Dragon a doll to hold.

"Give me your baby," Arlene says to Kevin. "I want to spank it."

TUNE IN TONIGHT TO SEE IF THE DRAGONS BITE.

Dianne Buckner is the host of Dragons' Den and the weekend anchor on the CBC News Network. Watch Dragons' Den at 8 p.m. tonight on CBC.

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The Nissan Leaf electric car has been named Green Car Journal's 2010 Green Car Vision Award winner at The Washington Auto Show. The innovative Leaf is scheduled to go on sale later this year. **METRO NEWS SERVICES**

Metro Drive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONWS.CA



Michelin plugs in

Michelin has unveiled a new prototype tire designed specifically for battery-powered electric vehicles, providing automakers with benefits including increased range or the ability to reduce the battery size to optimize interior space. CANADIANDRIVER.COM

Sorento turns CUV

MICHAEL GOETZ
for Metro Canada



Crossovers rule and SUVs drool.

That's not quite how the analysts describe the ongoing shift from truck-based SUVs to car-based crossovers, but close.

As such, we're used to seeing CUVs (crossover utility vehicles) torment their SUV classmates in the sales-chart playground. But now we're even seeing iconic SUV nameplates "crossing over."

The highest profile defector is the upcoming all-new Ford Explorer, which joins the CUV crowd after spending all its life up until now as a truck. But beating it to the punch is the 2011 Kia Sorento.

The nameplate was first introduced in 2002 as a straight-up SUV. Now that Kia is owned by Hyundai, and now that old-school SU-

Vs are, well, old school, the Sorento has migrated over to the platform that also underpins the Hyundai Santa Fe crossover and the Sonata sedan.

So if you're familiar with the 2010 Santa Fe, you'll be relatively up to speed on the 2011 Sorento.

Judging by our first fling with the Sorento on the highways and by-ways around West Point, Ga., where the Sorento is being built at Kia's first U.S. plant, it's a tough call on which Sorento you should get — both the entry-level four-cylinder vehicle and the higher-rent six-cylinder vehicles have something to say.

The base model (LX) with 175-hp 2.4 litre I4, manual transmission and FWD is just \$23,995. At that price it competes with the "smaller half" of the compact segment, but it offers up the interior volume (4,035 L) of the "larger half."

Note also that all Canadian models come standard with these all-weather tools: heated seats, A/C, windshield wiper de-icer, and power heated outside mirrors. All trim lines also feature six air bags, ABS, ESC, Electronic Brake Distribution, Hill Start Assist Control, and Downhill Brake Control.

The V6 is exclusively mated to automatics, starting at \$29,095. The EX range begins with the FWD V6 at \$31,795, and tops out with

the seven-seat AWD Luxury trim model at \$39,195.

Drivers will be pleasantly surprised at the fine handling and quiet ride of all Sorento models — and the main reason why Sorento is way better off on this lighter "car platform," with fully independent suspension. The least expensive seven-seat model is the FWD V6 LX at \$30,295.

The 2011 Kia Sorento is built on the same platform as the Hyundai Santa Fe crossover and the Sonata sedan.



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Inside, the 2011 Kia Sorento may not have a "wow" factor but there are plenty of functional options.

Hydrogen at home

TECH Honda recently began operation of a next-generation solar hydrogen station prototype at the Los Angeles Center of Honda R&D Americas, intended for ultimate use as a home refueling appliance capable of an overnight refill of fuel cell electric vehicles.

Designed as a single, integrated unit to fit in the user's garage, Honda's next-generation Solar Hydrogen Station reduces the size of the system, while producing enough hydrogen (0.5kg) via an eight-hour overnight fill for daily commuting (16,000 kilometres per year) for a fuel cell electric vehicle.

The previous solar hydrogen station system required both an electrolyzer and a separate compressor unit to create high pressure hydrogen. The compressor was the largest and most expensive component and reduced system efficiency.

By creating a new high differential pressure electrolyzer, Honda engineers were able to eliminate the compressor entirely — a world's first for a home use system.

METRO NEWS SERVICES



Honda's solar hydrogen station prototype.

Wheat straw makes for one hot seat in Ford Flex

The quest for "green" vehicles is far more than just fuel consumption or emissions: What goes into a car can be just as important as what comes out of it. That's the reason why Ford Flex contains a revolutionary new plastic that's reinforced with wheat straw.

"We can use the

chopped straw to replace some of the pure polypropylene, so we're replacing a petroleum product," says Dr. Leonardo Simon, associate professor in the department of chemical engineering at the University of Waterloo, where the plastic was developed. "Or we can use it to re-

place mineral fillers like glass fibre or talc. Those are twice as heavy as wheat straw, so you're saving weight."

Ford currently uses the plastic on the 2010 Flex's third-row storage bin. The company says that with this application alone, it is reducing petroleum use by

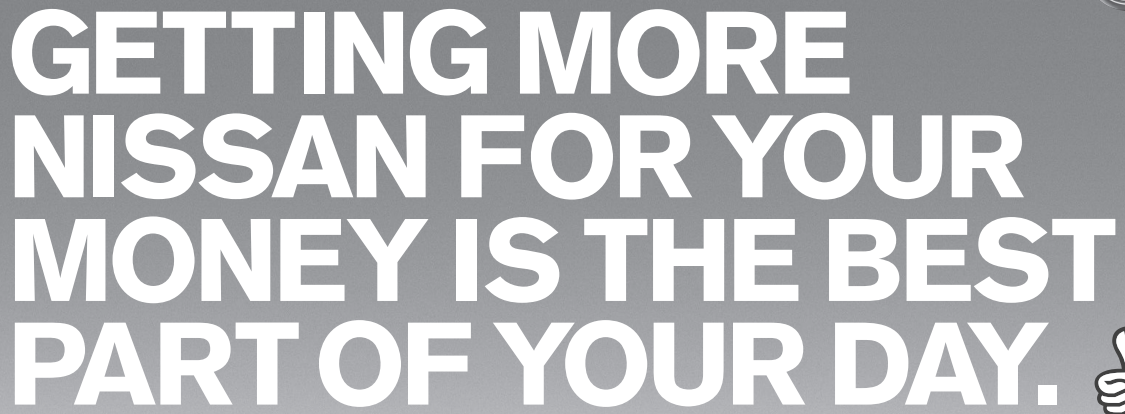
more than 9,000 kg per year, and is creating a market for wheat straw, the leftover stalks once wheat is harvested.

"We developed this plastic in 2004, through a grant funded by the Ontario Ministry of Agriculture," Simon says. "A colleague at the University of

Guelph invited me to participate in the grant. The challenge was to improve value for farmers."

The wheat-based straw also offers opportunities at the end of the car's life, and Simon says the plastic has performed well in recycling trials. **JIL MCINTOSH/**

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
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New designs have helped the 2010 Ford Mustang convertible, Acura MDX and Toyota Tundra to improve their ratings in crash tests performed by the U.S. Insurance Institute for Highway Safety (IIHS). CANADIANDRIVER.COM

Luxury you can afford

The Ford Five Hundred



JUSTIN PRITCHARD
for Metro Canada



MODEL: 2005 to 2007 Ford Five Hundred
VEHICLE TYPE: Large Sedan
APPROXIMATE USED PRICE RANGE: \$9,000 to \$17,000

HISTORY/DESCRIPTION:

Ford launched its Five Hundred as a 2005 model that fell into a re-energized American sedan marketplace. A big and comfortable "sofa sedan," the Five Hundred was Ford's answer to Chrysler's stately and handsome 300.

After 2007, Ford dropped the Five Hundred nameplate and baffled the media and customers by renaming their large sedan the Taurus.

So, why consider the first-generation Five Hundred as a used ride? Those after a big, comfortable car will find it less expensive

than comparable models like the Toyota Avalon, as well as larger than machines like the Chevrolet Impala. If it's a spacious, easy-to-drive and accommodating ride you're after, the Five Hundred should prove fairly cost-effective.

Look for standard V6 power, available All Wheel Drive (AWD), power adjustable leather seats, an auto-dimming rearview mirror, power adjustable pedals and backup radar. Wood trim, a CD changer and a sunroof were also available.

In the used market, more basic Five Hundred models were badged as SE, while the SEL and Limited trim levels identified mid and top-range models, respectively.

WHAT OWNS LIKE: Owners of the Five Hundred typically report satisfaction with the outward vis-

bility, generous space at each seat, and a solid, planted and heavy ride. Another positive, say most owners, is a tall, commanding and nearly SUV-like view of the road ahead. Finally, the Five Hundred's safety ratings impressed many family-minded drivers.

WHAT OWNS HATE: Owner complaints tend to deal with controversial styling, no optional engine upgrade, and acceptable, but unexciting performance in the acceleration

department. Many owners also dislike the sound and "feel" of the shift-less CVT transmission. These folks will recommend the six-speed automatic every time, and so does this writer.

Second Gear

COMMON ISSUES: The Five Hundred is known for a rear-brake issue, which may create harshness

that's apparent through the pedal as the vehicle stops. Be sure to "feel" the car while applying the brakes at various pressures and speeds, questioning any strange rough or grind-

ing sensations.

Listen to the rear suspension for any metallic clacking or clunking sounds over bumps. This could indicate a worn out suspension component or the need for a revised style of shock absorber.

Remember that at full throttle, the CVT transmission feels like a badly slipping automatic transmission — so don't confuse the two.

Trouble starting in the cold may require reprogramming of the engine computer, and a buzzing or hissing noise from the speakers can be caused by electrical interference

from the fuel pump. This problem is fixed with a simple electronic filter wired into the circuit.

Ensure all interior electronics are working properly, paying special attention to the automatic climate control, motorized seat controls and all windows.

THE VERDICT: The Five Hundred should satisfy most luxury-oriented buyers after plenty of space, even if it's not the most powerful machine in its class. Look for a good deal on a used model with warranty coverage if possible, and take advantage of the favourable size to price ratio.

Auto show like Vitamin D in winter

AutoPilot

Michael Goetz

metronews.ca/autopilot

lots of sobering auto news of late... Many pedestrians at the sharp end of run-ins with motorists... Toyota fixing quite a lot of gas pedals... Ontario ends its grace period for cellphoning while driving and begins to hand out \$150 "reminders."

Time for some auto escapism.

I thought our buddy James Cameron would have helped out here. Given his ground breaking film technology, he could have gave his Avatar people some really fantastical motorized rides, but nooooo... He goes all mythical creature-like, which is so last century.

But we can reliably secure our fix for things shiny and mechanical, at one of this winter's auto shows. Montreal starts the Canadian auto show season off with a bang in early January, followed by Edmonton later in the month, Toronto

next week, Calgary in mid-March, and Vancouver in late March. There are lots of great regional shows as well.

Any will do. As long as it's indoors, where the cars stay shiny, and the "presenters" never seem to age.

It's one of the rare places where one can receive the automotive equivalent of Vitamin D during the dark days of winter.

And if you're like me, you probably spend more time in front of computer and TV screens during winter. Auto shows are nice reminders that dream cars actually do exist in the flesh. You can

touch them, and in some cases, plant your butt in the driver's seat.

Another reason I love auto shows, is that they encourage distraction. I walk a crooked line at all times during my auto show tours.

You're happily engrossed one moment, with, say, the new bed liner in a full-size pickup, when you spot, off in the distance, the profile of yet another new re-born muscle car.

And then you hear music. Loud dance music that suggests it might be coming from some sort of performance or fashion show. Wouldn't want to miss



Playboy centrefold Marilyn Hanold poses with the Jaguar E-type coupe at the 1961 New York Auto Show. Auto shows have always been a hub of entertainment and information, our columnist says.

that...

It might be a bit rich to call auto show meandering as "living in the moment" but I'm pretty sure it's close to it, probably on the

same road, and I heartily recommend it.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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Travel

EDITOR: BEN.RYCROFT@METRONEWS.CA



Heading south for the winter?

Interstate 75 and the 401 is a unique and comprehensive guide that covers Ontario Highway 401 to the U.S. border at Detroit then south along the I-75 to Florida. A quick reference section by exit shows details for gas stations, restaurants and lodgings, with plenty of interesting side trips to sites nearby. As a bonus, there are 300 coupons worth over \$2,000 for restaurants, inns, motels, campgrounds, gas stations, historic sites, amusement parks and other sites. **METRO NEWS SERVICES**



CONTRIBUTED PHOTO

Visitors to the show are encouraged to submit their best photos of how they discovered boating for a chance to win a boating prize pack. Visit MiamiBoatShow.com for more details.

World's best boat show set to dock in Miami

Prepare for this season on the lakes with budget friendly purchases and a Super Bowl size party

Heading to Miami for the Super Bowl? You might want to stick around an extra week as the biggest boat show in the world sails into Miami's port.

The 69th annual Miami International Boat Show & Strictly Sail Miami cruises into town Feb. 11 to 15, where new and experienced boaters from throughout the world can gather in one place to view, board and buy the best the boating industry has to offer.

The five-day event draws tens of thousands of visitors each year and hosts more than 2,000 exhibitors from around the world, filling the Miami Beach Convention Center and Sea Isle Marina & Yachting Center with thousands of



Celebrate the South Florida sunsets with other boating and fishing enthusiasts.

boats and hundreds of booths showcasing the latest gear and accessories you need..

BEST DEALS

Boating is more budget-friendly than you may think. The Affordability

Pavilion is returning for the second year, showcasing boats for those with smaller budgets, highlight-

ing pricing options and displaying boats that visitors can finance for \$250 or less.

PARTY HEARTY

Celebrate the South Florida sunsets with fellow boating enthusiasts and enjoy food and drink specials from 5 p.m. to 7 p.m., Friday, Feb. 11, through to Sunday along Convention Center Drive at the Miami Beach Convention Center.

NEED FOR SPEED

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siast with a need for speed.

TEST YOUR MUSCLE

The Big Game Room is celebrating its 7th year as the one-stop marketplace for every angler.

With new exhibits, the latest fishing products and destinations, activities and daily seminars from the pros, the Big Game Room is a must.

Have a drink at the Marlin Bar while waiting for the next educational seminar to begin; take a walk over to the interactive Bait Rigging Station, where visitors can improve their rigging techniques; or try the new Chair Fighting Challenge — it's the Mechanical Bull of the Fishing World.

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Acapulco for all budgets

Metro finds the places to stay, play and eat at this Mexican gem

GABRIELA GUTIÉRREZ
Metro World News

Mexico can be a tricky place to navigate — especially if you are on a budget.

But whether you are looking to save a few pesos or willing to blow the bank, Acapulco offers something for everyone.

Metro has gathered a list of where to stay, play and eat for all budgets.

DAILY BUDGET — \$50

Where to eat:

Kookaburna is one of the most romantic and exclusive restaurants. Its thatched roof and candlelight compliment the splendid views of the bay. It has excellent service and great wine list.

Where to stay:

Alba Suites is only 40 minutes away from the airport and is set on a peaceful hillside in front of the bay. Close to Caleta and Caletilla beaches, this quiet, cozy hotel perfect for



Pueblo Bravo rafting offers rapids of all difficulty levels.

families.

(albasuites.com.mx)

Where to go:

Cici Water Park is located

by the beach, where families can enjoy the day in different pools and on various water-rides. It also

features a dolphin show as well as a swim with the dolphins option. (cici.com.mx)



Cici Water Park has a swim with the dolphins option.

DAILY BUDGET — \$100

Where to eat:

Bellavista offers dinner under the stars. With the best view of Acapulco and an unforgettable gastronomic experience, this one is a must visit.

Retro architecture lends an romantic, refined and

elegant atmosphere. (brisashotelonline.com)

Where to stay:

Grand Hotel Acapulco & Convention Centre is a great hotel located in the Bay of Acapulco, overlooking the Pacific.

Restaurants with specialist chefs, two swimming pools, tropical gardens, and a private beach make this an easy choice. (grandhotelacapulco.com)

Where to go:

Pueblo Bravo is an eight-km descent in inflatable rafts through the canyon of the Papagayo River.

Spectacular rapids, scenery and wildlife will thrill and provide you with fun even if your boat happens to spill. (shotoverjet.com.mx/Contenido_rafting.html)

DAILY BUDGET — \$500

Where to eat:

Zibu reclaims the historical importance of Acapulco in the spice trade combining fine oriental ingredients with the best of Mexican cuisine to create an original Mex-Thai menu. (zibu.com.mx)

Where to stay:

Fairmont Acapulco Princess is recognized as one of the top hotels in the world overlooking 480 acres of legendary Mexican scenery.

This faultless Aztec pyramid-shaped hotel will amaze for its looks but also because of its world-class service. (fairmont.com/Acapulco)

Where to go:

Experience the tri-factor of Mexican tourism: scuba diving, snorkeling and sportfishing.

Though not widely thought of as a dive destination, Acapulco offers many enthusiasts a safe and enjoyable underwater experience. (fish-r-us.com)

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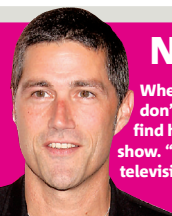
**Price based on quad occupancy (3 adults and 1 child, age 3–9). Total package price starts at US\$1,478. Blockout Dates of 1/15–1/17, 2/12–2/14 and 3/28–4/10 and other restrictions apply.

***Price based on quad occupancy (3 adults and 1 child, age 3–9). Total package price starts at US\$1,060. Blockout Dates and other restrictions apply.

On Monday afternoon, an impressive list of stars — including Celine Dion, Jennifer Hudson, Justin Bieber and Kanye West — began arriving at the Jim Henson Studios in Hollywood to re-record the classic charity single We Are the World, this time for Haiti earthquake relief. USMAGAZINE.COM

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



No more TV

When *Lost* wraps up this May, don't expect Matthew Fox to find himself on another TV show. "I won't be doing any more television," the star, 43, says.

USMAGAZINE.COM

Avatar, Locker lead Oscar race

Hollywood Votes

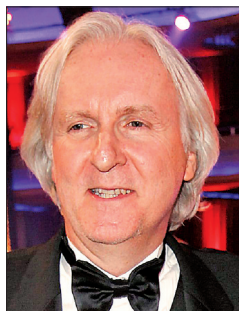
Academy Awards

The science-fiction sensation *Avatar* and the war-on-terror thriller *The Hurt Locker* lead the Academy Awards with nine nominations each, including best picture and director for former spouses James Cameron and Kathryn Bigelow.

For the first time since 1943 the Oscars feature 10 best-picture contenders instead of the usual five.

Also nominated for best picture yesterday: *District 9*; the animated comedy *Up*; the Second World War saga *Inglourious Basterds*; the recession tale *Up in the Air*, the 1960s drama *A Serious Man*, and the teen tales *An Education* and *Precious*: Based on the Novel *Push* By Sapphire.

Acting nominees include the four stars who have dominated early awards shows: Lead players Sandra Bullock for the football drama *The Blind Side* and Jeff Bridges for the coun-



Academy Award nominees announced yesterday include, clockwise from left, Jeff Bridges, best actor, for country music tale *Crazy Heart*, James Cameron, best director for sci-fi thriller *Avatar*, war thriller *The Hurt Locker* for best picture, and Sandra Bullock, best actress, for football drama *The Blind Side*. Awards will be presented March 7.

try-music tale *Crazy Heart* and supporting performers Mo'Nique for *Precious* and Christoph Waltz for *Inglourious Basterds*.

The best-picture and director categories shape up as a showdown between ex-spouses who directed films that have dominated earlier Hollywood honours.

Cameron's *Avatar* won best drama and director at the Golden Globes, while Bigelow's *The Hurt Locker* beat out Cameron at the Directors Guild of America Awards, whose recipient usually goes on to earn the best-director Oscar.

The Hurt Locker also beat *Avatar* for the Producers Guild of America top prize and was chosen as last year's best film by many key critics groups.

Bigelow said she was gratified and humbled.

"It's a huge, huge compliment to the entire cast and crew," she said. "It was a very difficult shoot of heat and sun and windstorms and sandstorms and they had to unite crew from Lebanon and Israel."

Bigelow is only the fourth woman nominated for a directing Oscar. No woman has ever won the

directing Oscar, and until Bigelow, no woman had ever won the Directors Guild honour.

Lee Daniels, who made *Precious*, became only the second black filmmaker nominated for best director, after John Singleton for 1991's *Boyz n the Hood*.

There will also be some competition among Canadians in the directing category. Montreal-born director Jason Reitman, nominated for *Up in the Air* will compete against Cameron, who was born in Kapuskasing, Ont.

Rounding out the direct-

ing category is Quentin Tarantino for *Inglourious Basterds*.

Vancouver-based Neill Blomkamp and Terri Tatchell, meanwhile, are nominated for best adapted screenplay for *District 9*.

Bullock is up against past Oscar winners Meryl Streep as chef Julia Child in *Julie & Julia* and Helen Mirren as Leo Tolstoy's bull-headed wife in *The Last Station*, along with first-time nominees Carey Mulligan as a British teen involved with an older man in *An Education* and Gabourey Sidibe as a

Following news stories on Twitter...

OscarTweets

@666300 I think Cold Souls deserved a nomination. Paul Giamatti delivered another excellent performance.

Watchmen was not nominated for ANYTHING? How did *Inglourious Basterds* get passed up for a Costume Design nomination?

@NFB_Jennifer snubbed: Sharlto Copley from *District 9*. Had barely acted before and he carried the film ... absolutely riveting.

@carr2n And Lee Daniels deserves director nom for seeing in *Precious* what no one else saw.

@LarsenOnFilm The Cove gets a deserving Oscar nod as Best Documentary. Probably one of the most disturbing docs I've seen.

@jimjumpsuittv: I just realized Where The Wilds Things Are was not nominated for anything.

Harlem teen overcoming horrible abuse and neglect in *Precious*.

Also nominated for best actor are past Oscar winners George Clooney as a frequent-flyer junkie in *Up in the Air* and Morgan Freeman as South African leader Nelson Mandela in *Invictus*, Colin Firth as a grieving gay academic in *A Single Man* and Jeremy Renner as a bomb disposal expert in *Iraq in The Hurt Locker*. THE ASSOCIATED PRESS

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Scan this bar code or visit metronews.ca/entertainment for a complete list of Academy Award nominees

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No more Mr. Nice Guy

Travolta reflects on new ruthless role and a 37-year career

PHIL BROWN
for Metro Canada

Whether it's strutting his stuff to the Bee Gees, munching down a Royal With Cheese with Samuel L. Jackson, or swapping faces with Nicholas Cage, John Travolta has provided audiences with a laundry list of memorable movie moments.

Over a 37-year career, Travolta has become one of the most recognizable faces in film. But when looking back on his early work, the actor admits that he can barely recognize himself.

"I see a little boy in those movies," Travolta says. "I thought I was very advanced in those days, but I know much more now. I was lucky to start in this industry with a bang and I'm even luckier to still be here."

This week audiences may see a side of Travolta they never expected in *From Paris With Love*. The star plays a ruthless special agent with no qualms about



John Travolta, left, plays a special agent in *From Paris With Love*.

shooting first without ever getting to the questions.

"It's a pretty extreme character. I don't think anyone has seen me quite this way before and that was the reason to do it," says Travolta. "We decided that the only way it would work was to be bold with the character and go all the way."

No matter how violent or over-the-top his character might be, Travolta was never worried about harming his nice-guy image. "It wasn't a concern because he's not really a villain. He's a good guy with unorthodox

methods.”

The movie is an all-out action thrill ride filled with car chases, gunfights, explosions, and at least one rocket launcher. Surprisingly the 55-year old actor ended up doing most of his own stunts on the project.

"When we started I said to (director) Pierre Morel, 'Do you really want me to do all of these stunts because I'm an old man?'" says Travolta. "But there was such a confidence there

that I thought I'd better to live up to their expectations and really went for it. It paid off because I've never done this much action in a movie before."

From Paris With Love also gave Travolta the opportunity to change his appearance, shaving his head and growing a goatee for the role. A jarring look that the actor and director claim they got from photos of special agents in *Soldier Of Fortune* magazine.

Audiences are sure to be caught off guard, but that's what the actor hoped for and it reminded him of his approach to one of his

most famous roles. "It was similar to Pulp Fiction where it was my idea to do that Dutch Boy thing," says Travolta. "The character had just been in Europe, so I thought it would be an appropriate Eurotrash look.... In both movies my look is the signature of the character."

**From Paris
With Love
opens on
Friday**

ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
prime time	2/3/10	C	KRN	239 318	etalk	Access H.	CSI: NY "Sanguine Love"	Criminal Minds (N)		American Idol (HDTV) (N)		CTV News
		3	QHQ	- 370	News (N)	Millionaire	Jeopardy! (N) "Wheel Fortune	Mercy (HDTV) (N)		Law & Order: SVU		Jay Leno Show
		4	CBXT	- 307	Wheel Fortune	Jeopardy! (N)	Dragons' Den (HDTV) (N)	Republic of Doyle (DVS)		CBC News: The National		The Hour
		6	KREM	- 372	News	Access H.	The Doctors (N)	Super Bowl-Commercials		Criminal Minds (N)		CSI: NY
		7	CKEY	241 347	Law & Order: Special Victims		The Jay Leno Show (N)	Mercy (HDTV) (N)		Modern Family	Cougar Town	EP Daily
		8	CTV1	240 339	ET Canada	Entertainment	The Deep End (N)	Bones (HDTV) (N)		Kitchen Nightmares (N)		News Hour
		11	OMNI	- -	King/Queens	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Ugly Betty
		13	KKLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)		Modern Family	Cougar Town	Ugly Betty (N)
		16	KAYU	- 373	The Office	Raymond	Two/Half Men	Two/Half Men		Human Target (HDTV) (N)	American Idol (HDTV) (N)	News
		22	KSPS	- 374	PBS NewsHour (N)		Secrets of Shangri-La		The National Parks: America's Best Idea	Idea (HDTV) (DVS)		
news		24	WTVS	- 364	The National Parks: America's Best Idea	Idea (HDTV) (DVS)		Keeping Up		Tavis Smiley	Charlie Rose (N)	
		15	CBEN	502 -	CBC News: The National		Badge of Pride		CBC News: The National			Badge of Pride
		21	TWN	505 398	(5) EarthWatch One		EarthWatch One					
		27	CNN	500 500	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live	Cooper 360
		54	CTVN	501 391	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
		70	BNN	504 508	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities
		20	TSN	400 400	Curling	NHL Hockey	Philadelphia Flyers at Edmonton Oilers. (HDTV) (Live)				SportsCentre	Off the Record
		23	net	408 418	OHL Hockey		SportsNet Con.	MMNA Con	Hockey Central	Hockey	Sportsnet Connected (HDTV)	
		47	SPEED	417 406	Pass Time (N)	Pass Time (N)	Wrecked	Wrecked	Pass Time	NASCAR Hub	Dangerous Drives (HDTV)	Pass Time
		94	SCORE	410 403	College Basketball	Kansas at Colorado. (Live)			Score Now		Score Now	Score Now
sports		9	EDACC	267 351	Albera Primetime (Live)		Old Christine	The Middle (N)	Hope Floats * (1998, Romance)	Sandra Bullock		Primetime
		10	TV	552 543	iCarly	To Be Indie	iCarly	That's-Weird	Malcolm-Mid	Hates Chris	8 Simple Rules	What I Like
		17	TREE	553 546	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby	Dragon (DVS)	Backyardigans	No, Kai, Jan!
		42	TOON	555 545	Jimmy Two	Johnny Test	Scoby-Doo	Total Drama	Max & Ruby	6TEEN	Futurama	King of the Hill
		45	FAM	557 541	Han, Montana	Wizards-Place	Sonny Chanda	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz
		-	TVA	121 714	TVA nouvelles	Le Cercle (SC)	Poule-oufs or	Les Gags	Destinées (HDTV) (N) (SC)		Dr. House (SC)	TVA nouvelles
		18	CMT	575 583	According/Jim	According/Jim	Home Improve.	Home Improve.	Due South		Amer. Funniest Home Videos	
		25	A&E	615 520	Bounty Hunter	Bounty Hunter	Steven Seagal	Steven Seagal	Steven Seagal	Steven Seagal	Bounty Hunter	Dog the Bounty Hunter
		26	M&M	571 581	G. Simmons	Gene Simmons	Entourage	Wild 'n Out	mm10p10.ca		G. Simmons	Gene Simmons
		30	FOOD	603 561	Iron Chef America		Chopped "Sticking to It"		Restaurant Makeover		Diner, Drive-In	Unwrapped
family		31	SHOW	617 522	Trailer Park	Trailer Park	Relic Hunter		Blind Trust (2007, Suspense)	Jessica Capshaw.		Hawthorne (N)
		32	DISC	520 505	License to Drill		Mayday		Daily Planet		Mayday	The Colony
		33	SLICE	601 562	End/Leash	House-Sell	End of Leash	End of Leash	ET Canada	What Happen?	Real Housewives NYC	Housewives
		34	W	602 567	House-Sell	House-Sell	Supernanny		Chef Worthy	Grocery Bag	The Restaurant	The Restaurant
		35	TLC	521 560	I'm Pregnant	I'm Pregnant	Toddlers & Tiaras (N)		Conjoined Twins		I'm Pregnant	I'm Pregnant
		38	SPRIVO	620 523	Wingsfield	Star Portraits	White Collar		Law & Order "Rebels"		Without a Trace	
		39	AMC	- -	(6) Enter the Dragon (1973, Adventure)		Ways to Die	Ways to Die	MANswers (N)	I Bet You Will	Ways to Die	MANswers
		40	HIST	522 506	Ice Road Truckers		Ice Pilots NWT (HDTV)		Re-Inventors	Re-Inventors	Ice Road Truckers	
		41	COM	626 547	Just for Laughs		Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park
		43	SPACE	627 528	Chuck (HDTV) (N)		Supernatural (HDTV) (N)		InnerSpace	Stargate SG-1 "Entity"		Star Trek: Next-Gen.
cable variety		44	WPCH	294 650	College Basketball		Law & Order: Special Victims	The Office	The Office	Almost Famous (2000, Comedy-Drama)		
		46	OLN	411 457	Operate-Repo	Operate-Repo	Ghost Hunters Academy		Destination Truth		Operate-Repo	Operate-Repo
		48	TROP	619 525	Project Runway Canada		Rescue Inc "No Bull"		Hoarders "Judi and Gail"		Hoarders	Hoarders
		50	STAR	621 527	The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ	etalk	Access H.	Extra
		52	HGTG	600 564	Property Virgin	Unsellable	House Hunters	House Hunters	Holmes on Homes		Agent-Agent	Intervention
		65	TLN	700 800	(6) Un Cicleon In Familia		George Lopez	George Lopez	Lopez Tonight		Raymond	Raymond
		92	APTN	269 350	Investigates	Front Runner	Wings-Canada		Canadian Geographic		Great Towns	Venturing Frth
		93	VISION	261 394	Doc Martin (N)		Unscripted (N)	God Bless	Polltgeist: The Legacy		In the Line of Duty: Ambush in Waco	(1993)
		100	MTV	581 586	The Real World		The Real World (N)		MTV Live	After	Buried	Buried
		101	MM	570 580	Degrass: TNG	Degrass: TNG	My Date With...	disBAND	MuchOnDemand		Pimp My Ride	My Own
	102	CPAC	512 396	(6:30) Primetime Politics			Tete a Tete	The Public Record		Prime-Politics	Primetime Politics	
	103	VIVA	526 507	The Closer "Blue Blood"		Cold Case		Mediums	Ghostly Enc.	Judging Amy		
	106	RDI	126 730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Heures en 60 minutes (SC)	Le Téléjournal	
	161	SUPER		Mumbai	Z Rock	Crash (HDTV)		Satisfaction (HDTV)		Mumbai	Z Rock	

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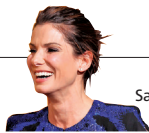
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Sandra Bullock and her husband Jesse James continue to battle in court with his ex-wife, porn star Janine Lindemulder. The judge denied Lindemulder visitation rights to see Sunny, her six-year-old daughter, E! News reports. **METRO NEWS SERVICES**

Celebrity Buzz

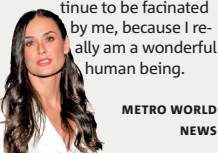
Follow these celebrities on Twitter...

CelebTweets

JOEL MCCHALE doesn't feel like explaining his fashion choices, **LINDSAY LOHAN** needs tech support, **DEMI MOORE** splits talk-show duties with her husband, and **JOHN CLEESE** shows off his modesty.



@joelmchale I'm wearing short shorts right now. Please don't ask why.
@lindsaylohan HOW DO I UPLOAD A VIDEO! People always say "ask for help if you need it" i am asking!
@mrskutcher Hey just met the Jersey Shore crew! Hubby is going to be so jealous he is over at GMA today instead of the Today Show with me! Hehe!
@JohnCleece May you continue to be fascinated by me, because I really am a wonderful human being.



METRO WORLD NEWS

A woman's intuition

AKA: GOOGLE Katy Perry already had an inkling that Russell Brand was going to pop the question, thanks to the power of the Internet. "Unfortunately, I still Google myself sometimes. I saw it on Google alerts. I'm going to be honest," she tells E! News. Brand had been spotted shopping for engagement rings, with the trip widely reported across the web.



METRO WORLD NEWS

Says 'no' to 'yes' people

AND 'YES' TO BEYOND THE GRAVE GREETINGS Janet Jackson still expects her late brother Michael to call her, femalefirst.co.uk reports.

The singer — and younger sister of the Thriller star, who died last June from acute Propofol intoxication, at the age of 50 — says her grief gets easier with every day that passes, but she would do anything to hear him speak again.

"It gets sad sometimes because, I don't know, you think your phone is going to ring and you hear that voice calling your name,"

she says.

"But, yeah, life goes on and everybody grieves differently. And every day is different. Some days it's much easier than others."

Jackson, 43, also revealed Michael's untimely passing made her realize she needed to make changes in her life. She said in an interview

with Wonderland magazine, "A lot of people in this industry have a lot of 'yes' people. That I can tell you I do not have."

"A lot has changed in my life this year, a lot of changes, I think I'm kind of heading in a different direction for sure."

METRO NEWS SERVICES



Digging Doctor Dolittle

HE UNDERSTANDS WHAT SHE'S SAYING, EVEN IF SHE DOESN'T At the hospital over the past few days to visit her "Nana," who had a tumour removed Jan. 29, Jessica Simpson has been passing the hours admiring the "cute doctors" — and it looks like they are returning the attention, people.com reports.

On Monday the pop star — who's single again — Tweeted, "Bored at the hospital. I

think I'm gonna go look for some hot doctors. McSteamy? Clooney? Let the search begin ..."

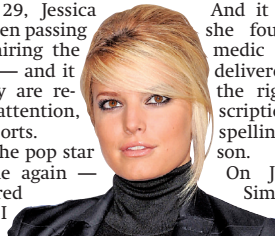
And it appears she found her medic — who delivered just the right prescription ... a spelling lesson.

On Jan. 30, Simpson attempted

to quote Bob Dylan when she Tweeted, "You can fake an orgasm (sic) but you can't fake laughter." Hours later, however, she clarified her message by saying that she meant "orgasm," not "orgasim."

The fix came, she Tweeted, as a result of "one of the cute doctors here at the hospital informed me of my misspelled tweet. Hmm ... was he hitting on me?"

METRO NEWS SERVICES



I had an affair with the dragon

HE SAID IT, NOT ME. SEE WHAT I DID THERE, GERARD? Gerard Butler admits that he's used to rumours of romance popping up every time he co-stars with someone in a film, as they have with Jennifer Aniston recently.

But he hopes the rumour mill will give it a rest for

his next film, the animated How to Train Your Dragon, in which Butler works with fellow Scotsman Craig Furguson.

"I wouldn't be sur-

prised if I was linked to Craig," Butler tells the Daily Record.

"But maybe they'll come up with a way to say I had an affair with the dragon."

"Or that I had sex with all of them."

METRO WORLD NEWS



Love is a many splendid thing

IT'S ALSO A MANY GENDERED THING Amy Winehouse is reportedly no stranger to same-sex relationships, but she doesn't see why that should stop her reuniting with ex-husband Blake Fielder-Civil, according to News of the World.

"I have had relationships with other women but that doesn't mean I don't still love Blake," Winehouse tells friends, according to the newspaper. "There is something about being with a woman that is very satisfying. I don't care what people think about me being (bisexual). I do what feels good."

METRO WORLD NEWS



On the road to rehab

AGAIN A judge in Los Angeles is sending the troubled son of Ryan O'Neal and the late Farrah Fawcett back to rehab after more than a month in jail. The judge placed Redmond O'Neal back on probation and sentenced to an intense residential rehab program during a brief hearing Thursday. The 25-year-old has been jailed since Dec. 29 for violating his probation on a previous drug conviction. Los Angeles Superior Court Judge Michael Tynan says if O'Neal succeeds at the rehab program, he will then be sent to a sober-living facility.

METRO WORLD NEWS

etalk's Lainey Lui dishes out celeb dirt in three's



JOHNNY DEPP. Johnny Depp is the reigning People Magazine Sexiest Man Alive and one of the most popular actors in the world. He is also one of the most private. With worldwide career box office earnings totalling more than \$4 billion, Johnny has accumulated a personal fortune that has enabled him to live in relative obscurity in relation to his fame and, in comparison to his peers Brad Pitt and George Clooney, fiercely guard his personal life. Here are three things you might not know about Johnny Depp:

ONE He arrived in Hollywood intending to pursue a record deal with his band. It was Nicolas Cage who persuaded him to become an actor. The two are still friends and Depp was rumoured to have offered to bail Cage out of his recent financial troubles.

TWO Depp developed a close relationship with one of his literary idols Hunter S. Thompson. When Thompson committed suicide in 2005, Depp paid for most of the memorial.

THREE Depp regularly dresses up as Captain Jack Sparrow, his character from Pirates of the Caribbean, for visits to the children's ward of the hospital where his daughter Lily Rose was once treated for a near fatal infection.

Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.

etalk



THREELICIOUS*

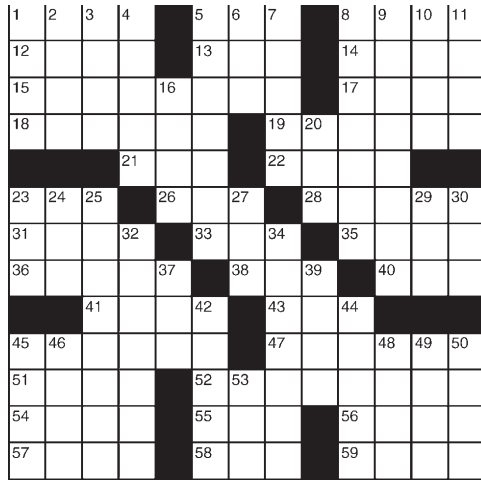


a Little Piece of Happy.



Michele McDougall, Weather Specialist & Host - Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



ACROSS

- 1 Vicinity
- 5 Inhabitant (Abbr.)
- 8 Detail
- 12 Paper quantity
- 13 Kanga's kid
- 14 Undressed
- 15 No. 51 on the table
- 17 Unforeseen problem
- 18 Sarajevo's land
- 19 Baffler
- 21 Frequently
- 22 Tango moves
- 23 Antonym (Abbr.)
- 26 Teeny tale
- 28 Attack dog, e.g.
- 31 Island dance
- 33 Help
- 35 Ms. Moore
- 36 "The final frontier"
- 38 Support system?
- 40 Gist
- 41 Brass

- instrument
- 43 Mischief-maker
- 45 Scales
- 47 Buccaneer
- 51 Top-notch
- 52 No. 1 on the table
- 54 Whirled
- 55 Listener
- 56 Monetary supply
- 57 Fixes a skirt
- 58 Agent
- 59 Collections

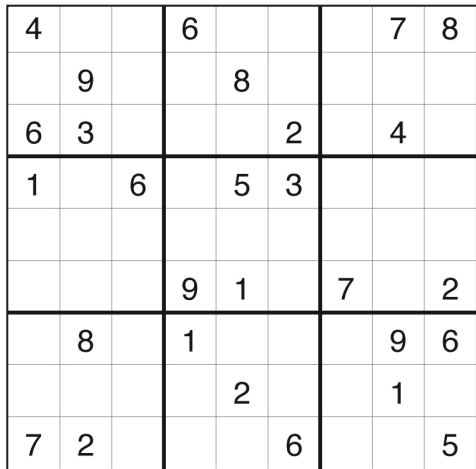
DOWN

- 1 Bedouin
- 2 Nevada city
- 3 Dines on
- 4 Acid type
- 5 Zagreb's land
- 6 Charged bit
- 7 Tinkered (with)
- 8 Flat
- 9 No. 74 on the table
- 10 Cheese choice
- 11 Ginormous
- 16 Irk
- 20 Penpoint
- 23 Surprise cries
- 24 Young seal
- 25 No. 78 on the table
- 27 Chest protector
- 29 Ostrich's cousin
- 30 Umbrella-frame part
- 32 Keen senses of judgment
- 34 Hang on the line, maybe
- 37 Recede
- 39 Eastern bigwig
- 42 Fireplace residue
- 44 Campus staffers
- 45 Money
- 46 Bound along
- 48 Chills and fever
- 49 Bivouac setup
- 50 Make — meet
- 53 Mouth, slangily

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	3	4	2	8	5	6	1	7
5	8	7	9	1	6	4	2	3
6	2	1	3	4	7	8	9	5
3	7	8	1	9	2	5	4	6
1	6	9	5	7	4	2	3	8
2	4	5	6	3	8	1	7	9
7	9	6	4	5	1	3	8	2
8	1	2	7	6	3	9	5	4
4	5	3	8	2	9	7	6	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Sausages with Mustard Mashed Potatoes and Red Onion Gravy

INGREDIENTS:

- 1 tbsp (15 mL) olive oil
- 1 red onion, thinly sliced
- 2 tsp (10 mL) brown sugar
- 2 lb (1 kg) potatoes, peeled and cut into chunks
- 8 sausages
- 1 tbsp (15 mL) all-purpose flour
- 1 1/4 cups (300 mL) hot beef stock
- 6 3/4 tbsp (100 mL) red wine
- 1 tbsp (15 mL) Worcestershire sauce
- 6 3/4 tbsp (100 mL) milk, warmed
- 3 1/2 tbsp (50 mL) butter
- 3 tsp (15 mL) whole-grain mustard

METHOD:

1. Heat oil in frying pan. Add onion and sprinkle with sugar, then cook gently, stirring from time to time, until onion is lightly caramelized. Preheat broiler.

2. Boil potatoes in lightly salted water until tender; grill sausages, turning regularly, until evenly browned.
3. Sprinkle flour over caramelized onion, stir and cook 1 minute, then stir in stock, wine and Worcestershire sauce. Boil, then reduce heat and leave to simmer.
4. Drain potatoes and return to pot. Mash with warm milk, butter and mustard to taste. Spoon mound of mashed potato on to each plate, lay sausages on top and spoon over gravy.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20



Do something that even by your standards is a bit over the top. You need to remind yourself that sometimes life can be taken too seriously.

LIBRA
SEPT 23-OCT 23



Everything will go well for you today so long as you don't get distracted by things that are of no real importance.

TAURUS
APRIL 21-MAY 21



You may be having your doubts about a commitment that only a short while ago you thought was the best thing you had ever signed up to.

SCORPIO
OCT 24-NOV 22



If someone offers you their help you should think long and hard before accepting. Will there be something you have to do for them in return?

GEMINI
MAY 22-JUNE 21



Something will not work out the way you expected today but don't sweat it because it does not matter that much.

SAGITTARIUS
NOV 23-DEC 21



If you don't know why a loved one is acting a little bit cold towards you it is probably because you have said or done something they do not approve of.

CANCER
JUNE 22-JULY 22



Something will happen over the next few days that compels you to reconsider a belief or opinion you have never had cause to question before.

CAPRICORN
DEC 22-JAN 20



According to the planets you have been working too hard and need to go easier on yourself over the next few days.

LEO
JULY 23-AUG 23



What you are about to do may not be to everyone's tastes but you are not doing it for them, you are doing it for you, and nothing else matters.

AQUARIUS
JAN 21-FEB 18



Chances are you have allowed too many people to get away with too many things in recent weeks.

VIRGO
AUG 24-SEPT 22



As a Virgo you are so well organized, but not everyone is as in control of their lives as you are, so make allowances.

PISCES
FEB 19-MARCH 20



Don't expect people you deal with today, at home or at work, to think logically or act in predictable ways.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch

metrotube of the day

This day in history

- 1488 — Bartolomeu Dias of Portugal lands in Mossel Bay after rounding the Cape of Good Hope, becoming the first known European to travel so far south.
- 1690 — The colony of Massachusetts issues the first paper money in America.
- 1783 — American Revolutionary War: Spain recognizes United States independence.
- 1916 — Parliament buildings in Ottawa burn down.
- 1966 — The unmanned Soviet Luna 9 spacecraft makes the first controlled rocket-assisted landing on the Moon.

METRO NEWS SERVICES

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"This app is a great way to read Metro when on the go" — Real user review

The free Metro Canada application is available on the App Store.

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16 new ways to make life a little easier.

ESPN Score Center

Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

Twittelator Pro

\$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3

\$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada

\$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

CBC Radio

Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris

Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

Wine Ph.D.

\$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts

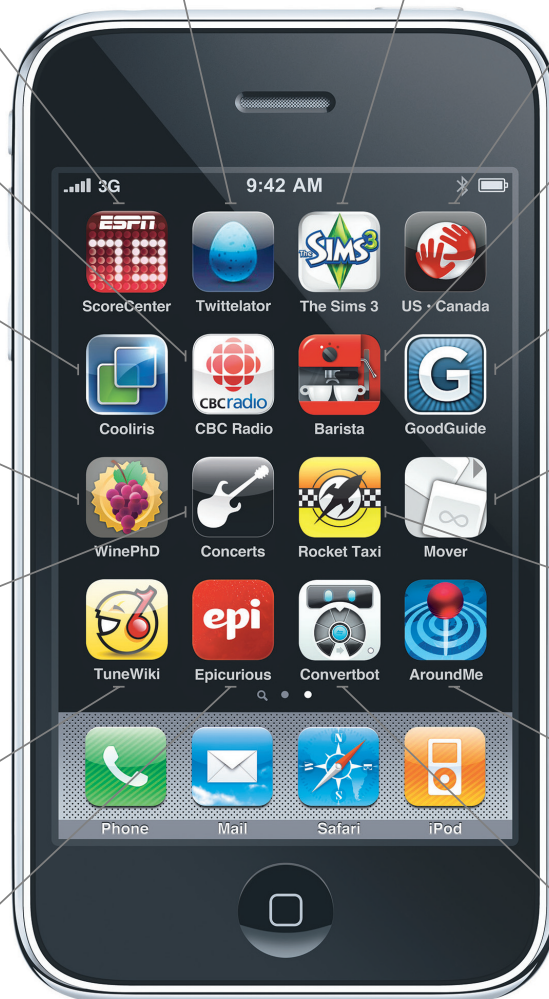
Free • Want to know who's playing tonight? Local concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki

Free • Listening to music on your iPhone and want to know the lyrics? Tunewiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious

Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.



Barista

\$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide

Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on-the-go and before you buy.

Mover

Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi

\$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe

Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot

\$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

